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ABSTRACT

Discussion questions, writing assignments, and project ideas are included in this parenting guide for teenage parents of infants and toddlers. Topics addressed in the guide include pregnancy, breast and bottle feeding, child proofing the home, money problems, discipline, developmental stages of young children, and problems related to single parenthood and early marriage. (Author/JA)

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STUDENT STUDY GUIDE

TEENS PARENTING

The Challenge of Babies and Toddlers

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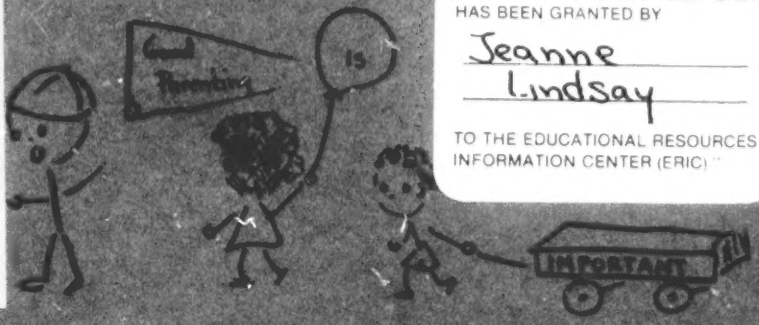

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By Jeanne Warren Lindsay
Illustrated by Pam Patterson Mumford

What Is It Really Like
To Parent a Child
While You're Still in School?

Young Mothers Share
Their Experiences and Expertise

TEENS PARENTING

THE CHALLENGE OF BABIES AND TODDLERS

STUDENT STUDY GUIDE

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Open Letter

Dear Friend,

The best way to learn to parent is, of course, to be one. But whether or not you are now a parent, reading and studying about children - how they grow, what they like to do, what they need to learn - can help you develop good parenting skills.

*In **Teens Parenting - The Challenge of Babies and Toddlers**, young parents share their experiences with their own children and their ideas about parenting. Although each child is different from all other children, many of the suggestions presented here may help you deal with your own child - now or in the future - in a more capable and loving way.*

*This study guide is designed to help you learn more than you might if you simply read **Teens Parenting**. Many of the questions encourage you to think about how you would handle various childrearing situations.*

Your best approach to these assignments is to read each chapter through carefully ***before*** *you answer the questions. Please* ***don't*** *hunt through the chapter looking only for the answers, because the questions don't cover all of the chapter content. After you have read the chapter, go back to the questions. Answer each one carefully and in* ***complete sentences.***

Sometimes the projects and the writing assignments are the most helpful part of the chapter study guide. Please complete these assignments as thoroughly as possible.

If you don't have a small child of your own, find one or more whom you can observe and with whom you can interact. Ideally, you will "find" a baby or child to fit each age range described in the book. Each chapter will be much more meaningful to you if you can compare the information with a "real" child.

I hope you enjoy ***Teens Parenting.***

Jeanne Lindsay

CHAPTER 1

PARENTING STARTS WITH PREGNANCY

You will learn how important it is for a pregnant woman to get early medical care, eat nutritious foods, and stay away from alcohol, cigarettes, pot, and other drugs.

1. Why should a woman see her doctor early in her pregnancy?

2. What kinds of problems are premature, too-small babies likely to have?

3. How much weight should a woman gain during pregnancy?

4. List the four food groups. How many servings of each do you need each day while you are pregnant?

5. Why should you eat extra protein foods while you are pregnant?

6. If you smoke, what kind of trouble does your baby have each time you puff on a cigarette? What does this have to do with baby's birthweight and time of birth?

7. Why should you **not** take such "simple" drugs as aspirin, nose spray, or Tums while you are pregnant?

8. What is Fetal Alcohol Syndrome?

9. What are some of the symptoms of FAS?

10. What is prepared childbirth? What is its purpose?

11. How can a childbirth coach help you cope with labor and delivery?

12. Does "prepared" childbirth mean you must not

use any anesthesia during labor and delivery?

13. List three important reasons for taking prepared childbirth classes during pregnancy.

Writing Assignment

Whether or not you are now pregnant, complete this assignment **as if** you are

What decisions will you need to make? Will you continue the pregnancy? If so, will you consider releasing your child for adoption? If you will keep him/her to rear yourself, will you marry the baby's father now? If not, will you marry later, or will you plan to raise your child alone? How will you support him/her? Where will you live?

Write an essay covering these points and other concerns you might have because of early pregnancy.

Projects

1. Check the costs of having a baby in your area. Call a local hospital or ask your family doctor. If you were/are pregnant, how would/will you pay these costs?

2. Write down everything you eat for three days. Prepare a chart for checking each serving of each of the Basic Four foods each day. After you have completed your chart, analyze your diet. If you were/are pregnant and under 18, did you eat enough of each of the Basic Four foods? If not, what was missing? How would you need to change your diet in order to eat adequately for yourself and your baby?

CHAPTER 2

THOSE FIRST TWO MONTHS

You will learn about the appearance, capabilities, and needs of a newborn baby. You will also learn about the health needs of the newborn, and about the costs involved in early parenting.

1. If a baby's head is "molded," what does this mean? Why and how does this sometimes happen? How can it be corrected?

2. What is cradle cap? How can it be prevented? How should you treat it if it does develop?

3. What should you do if your baby's belly button sticks out?

4. "Should" a baby have one, and only one, bowel movement each day?

5. What is meconium?

6. Do newborn babies sometimes have swollen breasts? If so, why?

7. What are miliaria? What causes them?

8. Give one argument for and one argument against circumcision for baby boys.

9. How can you "test" your infant's ability to follow objects with her eyes?

10. What is reflex action? List at least two examples of reflex action in a newborn.

11. What is most important to a newborn?

12. Describe the best way to pick up and to hold a newborn baby.

13. How can you teach your baby to trust you while she is very young?

14. According to the research quoted in the chapter, who will probably cry more at one year of age - the baby who, during her early months, was picked up when she cried, or the baby who was "taught" she would not be picked up (couldn't "have her way") every time she cried?

15. Discuss several things you can do for a baby who cries a lot.

16. How do you "swaddle" a baby? Why might a baby like to be swaddled?

17. How does colic affect a baby? How long does it usually last? What can you do about it?

18. If you argue and fight a lot with your family, how may this affect your baby?

19. If baby shivers and seems cold while you're bathing her, what can you do about it?

20. Why should you test bath water with your elbow instead of your hand?

21. How should you wash diapers?

22. What can you do to keep your baby from getting a diaper rash?

23. If your baby gets a diaper rash, what can you do about it?

24. What are Tempa-dots? Can you buy them in your local drugstore? (Check by phone.)

25. If your baby spits up a lot, what can you do about it?

26. What is diarrhea? Why is this a dangerous condition for a baby to have?

27. What is a hernia? If your baby has one, what should you do about it?

Writing Assignments

1. If you have lived with or taken care of a newborn baby during the past two years, describe the baby as s/he was at birth. Then discuss her/his care during the first two months after birth. Did s/he cry much? How often did s/he eat? Was s/he breast or bottle fed? Did s/he have colic? What was her/his sleeping pattern? If you have not cared for a newborn, interview someone who has, then write your description.

2. Pretend you are a helpless infant. Why do you cry? What do you want from your parents? How do you feel when no one answers your cries? Write a paragraph describing your feelings.

Projects

1. Make a paper plate face to attach to a baby's crib.

2. Compare the cost in your area of using diaper service, buying cloth diapers and washing them yourself, and using disposable diapers for one year. How much money could you save using cloth instead of disposable diapers?

CHAPTER 3

BREAST OR BOTTLE FEEDING?

You will learn why many mothers choose to breastfeed, and why others prefer bottle feeding. You will learn how to get started with breastfeeding, and the importance of feeding your baby whenever he's hungry rather than following a strict schedule.

1. How can you tell if the nipple holes on a baby's bottle are big enough, but not too big?

2. Why does it matter if the nipple holes are too big? What can you do about this problem?

3. If the nipple holes are too small, what can you do about it?

4. Describe some disadvantages in bottle feeding.

5. Describe three situations in which formula would probably be better than mother's milk for baby.

6. Why do many young mothers choose to breastfeed their babies?

7. Describe some problems that may occur if a mother decides to breastfeed her baby.

8. If a breastfed baby seems to need formula in addition to breast milk, should he be offered the formula before or after breastfeeding? Why?

9. If you want to breastfeed, is it best to give your baby an occasional bottle during her first two or three weeks? Why or why not?

10. Is it necessary to give a breastfed baby extra water even if she doesn't want it?

11. What is the La Leche League? Is there a chapter in your community?

12. Define <u>colostrum</u>.

13. How can you tell if a breastfed baby is getting enough milk?

14. At times, baby may suddenly want to nurse more often than she has been. What does this mean? How should you react?

15. Is colostrum good for baby? Why or why not?

16. Define areola.

17. How can you help a newborn baby get started with breastfeeding?

18. How long should you nurse baby the first day after she is born?

19. If you offer baby your left breast at one feeding, why should you offer the right one first at the next feeding?

20. How can you deal with the following problems?

a. If your nipples get sore.

b. If your breasts get hard and uncomfortable.

c. If milk leaks from your breasts between feedings.

21. Do breastfed babies generally need as much burping as bottle-fed babies?

22. Are bottle-fed or breastfed babies likely to have fewer colds during their first year?

23. Is there any advantage in breastfeeding a baby for a few days even if you plan to switch to bottles after that? Explain your answer.

24. Should babies less than two months old be fed solid food?

25. When should you start feeding solid food to your baby?

26. List three reasons you should **never** lay a baby down, then prop a bottle in her mouth.

27. How often should you feed baby during the first couple of months?

28. How many glasses of liquids should you drink each day if you are breastfeeding? What kinds of liquids should you drink?

Writing Assignment

Write a one-page essay on one of the following topics: "Why I would prefer to breastfeed my baby" or "Why I would prefer to bottle-feed my baby."

Projects

1. Talk to someone who is bottle-feeding her baby. Why did she choose bottle feeding? How much does the formula cost each month? For how long did she sterilize baby's bottles? Does she ever prop bottles? If she has another baby, will she bottle-feed or breastfeed?

2. If possible, mix a batch of formula yourself and put it in bottles you have sterilized. How long did it take you to prepare the formula?

3. Interview a mother who is breastfeeding her baby or has recently done so. Ask her how she feels about it. Does she think breast or bottle feeding would be easier? Which is cheaper? If she is no longer breastfeeding, why did she stop? Did she think getting started with breastfeeding was hard? If so, in what ways? Does she see any advantage for the baby as far as breastfeeding is concerned? Did the mother feel "tied down" because of breastfeeding?

CHAPTER 4

HOW DO PARENTS FEEL?

You will learn how some parents feel after the birth of their baby, of their joys and frustrations. Father's part in parenting, whether he is married to the baby's mother or not, is discussed. Extended family living is also described.

1. What is another name for post-partum depression? Why does this happen?

2. If you have after-baby blues, what can you do that might help you feel better?

3. What does "bonding" with baby mean?

4. Caring for a baby is sometimes frustrating. She cries and cries and you can't seem to do a thing about it. There are times in all parents' lives when parenting becomes very frustrating. How do or might you handle this kind of stress so that you don't take your frustrations out on your baby?

5. How do you react to the three accounts of fathers' involvement or non-involvement with their babies?

6. Comment on Beth's story on page 73. Do you think she is "right" in wanting her baby's father not to come over any more?

7. Under what conditions does an unmarried father usually have a right to see his child?

8. Do most children in this country grow up living with both of their parents?

9. Discuss Kimberly's feelings about the advice her mother gives her.

10. Why do you suppose Alison's sisters usually refuse to babysit for her?

11. Have you known a young mother whose own

mother seemed to take over most of the responsibilities of baby care? How did the baby's mother feel about the situation?

12. If a young mother feels her own mother is "taking over" the care of her baby, what might she do about it?

13. What could you tell a grandmother who thinks picking baby up when she cries will spoil her?

Writing Assignments

1. If you have had a baby, did you have postpartum depression? Please write a paragraph describing your feelings during this period. If you haven't had a baby, talk to someone who has, then describe her feelings.

2. If you have a baby, how has your life style changed since childbirth? If you aren't a parent, interview someone who has a baby. Describe her/his life style changes.

3. If you have a child, did you live with your parents when s/he was tiny? If so, write a paragraph describing the good and the not-so-good things about your living arrangements. If you have never been in this situation, imagine what it would be like to live with your parents after you have a baby, then describe the imagined situation.

CHAPTER 5
TWO-FIVE MONTHS: YOUR INFANT-PERSON

You will learn about the development of babies aged two to five months. You may become more aware of the constant care needed by infants, and of ways to provide that care.

1. Describe how baby's hands and his attitude toward them change from birth to about three or four months of age.

2. How well can a three- or four-month-old baby see?

3. Describe two ways you can provide pressure for baby's feet.

4. Describe a mobile suitable for a four-month-old baby.

5. Describe a good crib toy for a child of this age.

6. How well does a four-month-old child hear?

7. How do you help your baby learn she can trust the people around her?

8. How can you help your baby have good self-esteem? What does this mean?

9. By about what age can most babies sit up with some support? Why would you want to help her sit up when she's able to do so?

10. How do you "play" with a four-month-old child? Describe several things you could do with a child of this age.

11. What kind of mirror makes a good "toy" for a baby? Explain why you would choose this kind of mirror.

12. What kind of "reading" might you do with a four-month-old baby?

13. Is there any reason to be upset or to "do something" when a child sucks his thumb? Why or why not?

14. Why should you leave a signed medical emergency card with your child's sitter when you leave, even if for only a short time?

15. React to the accounts on pages 93-94 concerning extended family living.

16. Describe several ways of cutting down on the expenses of parenting a two-to-five-month-old baby.

17. What do you consider "good" spacing between children? Why?

18. Can you get pregnant if you are breastfeeding a baby?

19. Should a nursing mother take the birth control pill? Why or why not?

20. List three effective methods of birth control which could be used by a nursing mother.

21. Which of these methods can be bought in a drugstore without a prescription from a doctor? How effective is it?

22. Define immunization. (You may need a dictionary.)

23. List at least six diseases against which your child can be immunized.

24. Why should children be immunized against red measles and mumps? Against rubella?

25. Where can you have your child immunized at no cost?

Writing Assignments

1. Describe in detail a baby who is between two and five months old. If you don't have a baby this age, try to find one in a child care center or at a friend's house. If you absolutely can't find a child of this age to study, base your writing on your reading about this stage of infancy.

2. How do you feel about leaving your baby with a sitter? About taking her/him with you wherever you go? (If you don't have a baby, pretend that you do.) Write a paragraph describing your feelings on these issues. How did you feel the first time you left your baby with someone else?

Projects

1. Observe two babies, one about two months old and the other about five months of age. Compare their development. Report in detail either in writing or orally. (This assignment could, of course, also be used for the first writing assignment above.)

2. Knit or crochet a brightly colored wristlet for a two-to-five-month-old baby. If you don't crochet or knit, make one from red or yellow fabric. Either use snaps to fasten it or put the fabric over elastic. Don't make it too tight for baby's wrist.

3. Put the wristlet on a baby of this age, then watch her. Does she react? What does she do? How long does she seem interested in her wristlet?

CHAPTER 6

GOOD FOOD FOR BABY

You will learn reasons for delaying giving baby solid food until she is at least four months old. You will also learn how to prepare baby food at home and reasons for doing so instead of buying jars of strained or "junior" foods.

1. If you breast feed your baby, and you continue taking your prenatal vitamins for two or three months after delivery, should you give your baby an extra vitamin supplement? Why or why not?

2. Breast milk provides enough iron for baby until she is about ____ months old.

3. Why do most doctors recommend giving baby a fluoride supplement? What happens if she gets too much fluoride?

4. At what age should you start feeding solid food to your baby?

5. What is the protrusion reflex? What does it have to do with feeding solid food to an infant?

6. According to current research, will feeding a two-month-old baby cereal before he goes to bed help him sleep through the night?

7. Why is it a good idea to give baby some solid food by the time she is six months old?

8. Why should baby's first solid food be rice cereal, but not mixed cereal?

9. What size and shape spoon should you use for feeding baby? Why?

10. Is it a good idea to mix baby's cereal with her milk and feed it to her from her bottle? Why or why not? Give two reasons for your answer.

11. Once you start feeding solid food to baby, how often should you offer her a new food, something she hasn't yet tried? Explain your answer.

12. When should you start feeding baby orange juice?

13. How old should baby be before you feed her some egg white?

14. Describe how to prepare a banana for feeding to a five-month-old baby.

15. How do you prepare fruits and vegetables for a five-month-old baby?

16. Why is steaming vegetables and fruits better than boiling them for baby? Have you ever eaten steamed vegetables?

17. How should you season baby's food? Lots of seasoning - or not much at all?

18. Should you sweeten baby's food with honey? Why or why not?

19. Describe two methods of freezing baby food.

20. By what age can you feed baby mashed table food?

21. List at least five foods you can give baby to eat by himself. At about what age should you start each of these foods?

22. How should you prepare raw carrot for a baby or toddler? Why should you prepare it in this way?

23. What kinds of health problems are fat babies more likely to have than are slim babies?

24. Does being fat as an infant have anything to do with a person's tendency to gain weight as an adult? Explain your answer.

25. What is an empty calorie? Should babies be given foods containing empty calories?

26. Why should you not give your baby coffee, tea, or cola drinks?

27. About how much milk does a baby need each day?

28. What problem can be caused by putting baby to bed with a bottle of milk? What should the bottle contain instead of milk?

29. Describe an easy way to clean up after baby when she starts feeding herself.

Writing Assignment

Watch a baby feed himself. Then write a paragraph describing the entire process. Use lots of adjectives.

Projects

1. Plan menus for two days for a family which includes mother and father, their 12-year-old son, 17-year-old daughter, and her 8-month-old baby. Plan meals suitable for the entire family including the baby. Explain how you would prepare specific foods for the baby.

2. Demonstrate the preparation of at least two different foods for baby. Either prepare them at school or fix them at home. If you fix the foods at home, freeze them either by the plop method or the ice cube method, then bring samples to school.

CHAPTER 7
FIVE-NINE MONTHS: READY TO GO

You will learn about the physical, social, and intellectual development of babies between five and nine months of age. You will also read about interacting with and caring for a baby of this age.

1. At what age do most babies sit up by themselves? When do they start creeping or crawling?

2. Should you worry if your baby doesn't follow this exact schedule of sitting and crawling? Why or why not?

3. Is the age at which a baby sits up or crawls a measure of her intellectual development? At what age can intellectual development begin to be measured?

4. If your baby learns to stand up, but doesn't know how to sit down, how can you help her?

5. What is baby's biggest reason for learning to crawl?

6. What is "stranger anxiety"? At what age does this appear in most babies?

7. How can you help baby cope with stranger anxiety?

8. How should you react to your child's fears?

9. What is baby's first "physics lesson"?

10. What does baby learn from flipping a light switch on and off?

11. How can you help a five-to-nine-month-old child develop language long before he can talk himself?

12. What kinds of books are best for baby at this age?

13. Describe at least three things from your kitchen with which a five-to-nine-month-old baby would enjoy playing. Choose items which are not listed in the book.

14. Describe a game you might play with a five-to-nine-month-old child.

15. Why are rice bags a better toy than bean bags for babies?

16. Why are balls such good toys for babies?

17. How much sunshine should baby have at first?

18. How can you "test" baby's memory?

19. When does the "average" baby cut her first teeth?

20. If teething is a painful experience for your baby, what can you do to help her feel better?

21. Is it wise to blame a fever on teething? Why or why not?

22. What can you do to help keep cavities from forming in your baby's teeth?

23. Baby needs at least 20 ounces of milk each day. But when can a bottle of milk be a problem for her teeth?

24. What can you do to prevent "nursing bottle syndrome"?

25. Why is it wise to start a bedtime routine with your baby by the time she is nine months old?

26. Describe a bedtime routine suitable for a nine-month-old child.

Writing Assignment

Observe and/or play with a five-to-nine-month-old baby for at least an hour. Then write a detailed description of her activities.

Projects

1. Observe two babies, one about five months old, and the other about nine months. Compare their development. What is the difference in their physical development? How does their social development differ? Is one less friendly with people s/he does not know well? What can the nine-month-old do that the five-month-old can't yet manage? How do their eating habits differ? Report orally or in writing.

2. Make a book for baby. Follow the directions given in the chapter under the heading, "Reading Is Important." "Read" it to a baby.

3. Put together a container of small items suitable for a baby of this age to play with on the floor. Then give your filled container to a baby. Observe her. What does she do with the items?

4. Make one or more small rice bags. Show a baby how to play with them.

5. Make a feel box, then show a baby how to use it.

6. Make the coffee can/clothes pin toy described in the chapter, then use it as you play with a baby.

7. Make a "drop the spool in the hole" game from a coffee can and spools. Share it with a child.

8. Test a baby's memory. Use the technique described under the heading, "Not Much Memory Yet." How did s/he react to your "test"?

9. Supervise the water play of a baby who is between five and nine months old. Report orally or in writing.

CHAPTER 8

CHILD-PROOFING HELPS BABY AND PARENTS

You will learn why baby needs as much freedom as possible to explore her home. You will also become more aware of the extreme importance of safety-proofing her environment as completely as you can.

1. Describe your living room. How would a crawling baby react to it?

2. What does Ira J. Gordon think a baby will learn if he is punished for handling the things setting around his home?

3. Why is baby likely to learn the meaning of "No" faster if she hears the word only occasionally - providing, of course, that the "No" is followed by quick action to remove her from the forbidden activity?

4. Describe some possible problems in putting a baby in a playpen for more than an occasional few minutes. Then give **your** opinion of putting baby in a playpen.

5. Why must adults, not baby, take the responsibility of keeping cigarette butts out of baby's reach?

6. How can giving baby a bookshelf for her own books help teach her not to bother your books?

7. Describe three safety rules for infants that are mentioned in the book.

8. Now list at least three other safety rules for infants.

9. List at least five dangerous items found in most kitchens. How do you have these things stored in your home?

10. How can a gas stove or heater be dangerous?

11. If you ever smell gas in your home, how can you get it checked, usually at no charge to you?

12. Why is it important to cut up and destroy immediately all thin plastic bags, such as the ones put on dry-cleaned garments?

13. Why should you never refer to medicine as "candy" when giving it to a child?

14. How many prenatal vitamins with iron does it take to kill a toddler unless she gets medical attention?

15. What should you do if you discover that your child has swallowed something which is poisonous?

16. Why is it wise to put an outside lock-release on your bathroom door?

17. Why is it better to put a protective gate on the stairs three or four steps from the bottom instead of at the bottom step?

18. List at least five dangerous items found in many yards and garages.

19. Describe the problem of lead poisoning - how it happens and what can be done about it.

20. If a child wears a life jacket, is she perfectly safe playing in a swimming pool? Explain your answer.

21. If your toddler learns how to swim, will she be perfectly safe in a swimming pool? Please explain your answer.

22. Does a regular car seat belt offer enough protection for a small child under two years of age? If not, what does she need? Please describe in detail.

Writing Assignments

1. Write an essay on one of the following topics: "Why I Don't Plan to Put My Baby in a Playpen Very Often" or "Why I Think It Is Necessary to Keep a Baby in a Playpen at Least Part of His Waking Hours." Be sure you discuss your reasons for your viewpoint. Include the effect your choice will have on your baby **and** on the people with whom you live.

2. Pretend you are a bright, curious toddler. Your mother puts you in a playpen every day for an hour or two. How do you feel about it? Write a paragraph describing your feelings. Use lots of adjectives.

3. Pretend you are the mother of a 16-year-old who has a baby who is almost ready to crawl. You have finally been able to decorate your home as you want it, but you know how important it is for a baby to be able to satisfy his curiosity by exploring his environment. What kind of plans can you make with your daughter so that both your needs and the needs of the baby will be met as fully as possible?

Project

Pretend you are a toddler. Crawl through your house. Look for things that might interest a toddler, but might also either harm her or be damaged by her exploring. List all the problems you can find, then explain what you might do to make your home safe for and safe from a toddler.

If you have a garage and/or yard, check there, too, for changes needed to make the entire area safe for a curious toddler.

CHAPTER 9

NINE-FIFTEEN MONTHS: SHE'S A TODDLER

You will learn how important to your child's development is the parenting he receives while he is a toddler. You may become more aware of the needs of children nine to fifteen months old, and of how to care for and play with them.

1. Why does this age seem difficult to many parents?

2. Is a ten-month-old child's memory well developed?

3. Discuss Dr. Burton White's ideas on the importance of good parenting during this stage. Does he think most parents do the best possible job of parenting their children?

4. What does "at risk" mean - as the phrase is used by Dr. White?

5. Why do you think a baby of this age is so curious?

6. What do we mean when we say a baby is "cruising"? How can you help her cruise?

7. What is the average age at which a child starts walking?

8. How early does a child need to wear shoes?

9. Describe the results of the research study which compared the speech development of children whose mothers read to them with children whose mothers did not read to them.

10. Why is watching television not the best way for your child to learn to talk?

11. Are most children between nine and fifteen

months old quite independent, or do they generally stick close to their mothers?

12. What lesson can you teach your child by often playing peek-a-boo with her?

13. Describe something you have done in the past two days that a year-old child might have enjoyed mimicking.

14. How can you help your child learn to undress himself?

15. Describe several toys suitable for a year-old child.

16. Is a toddler likely to share her toys with other children? Why or why not?

17. If two children in a family are less than three years apart in age, what kinds of problems may occur?

18. Should you encourage your toddler to watch TV a lot? Why or why not?

19. How much is a one-year-old likely to sleep during the day?

20. What can you do to help your toddler go to bed without making a huge fuss? Be specific.

21. If your child has a fever, what should you do? Include several possibilities.

22. If your toddler has a fever or is sick at her stomach and doesn't want to drink liquids, what might you give her instead of juice or milk?

23. What should you do if your child has an ear infection?

24. Describe several things you can do to help your baby feel better when she has a cold.

25. If your baby has diarrhea, how can you help her?

26. Describe the three major tasks for a parent of a nine-to-fifteen-month-old child, according to Dr. White.

Writing Assignment

"Find" a child who is between nine and fifteen months old. Play with her/him for at least 30 minutes. Then write a detailed description of your experience. Describe the child's physical appearance and abilities. Was s/he sociable or shy? Extremely active? Describe **everything** s/he does.

Projects

1. Put together in a paper sack samples (in pairs) of different textured materials. Then play a "feel" game with a toddler by using these materials. This can be part of the above assignment.

2. Make a "Book of _____'s Words" for the child you've chosen for the above assignments.

CHAPTER 10

BABIES, TODDLERS, AND DISCIPLINE

Discipline means to teach, not to punish. You will learn about positive ways of teaching your child to cope with his world, to become the self-disciplined person you want him to be.

1. What does "discipline" mean?

2. Describe a "spoiled" child.

3. What is the best way to avoid spoiling a baby during her first few months of life?

4. Is trying to prove to your toddler that she "must" obey you a good way to discipline her? Why or why not?

5. If you saw your ten-month-old baby playing with an electric cord, what should you do?

6. What do rewards have to do with learning?

7. In your own words, explain Thelma's quote on page 188.

8. How do you feel about hitting or spanking a child under two years of age? Please explain your thinking.

9. Is fear a good form of punishment? Why or why not?

10. About how many children are abused each year in the United States, according to your book? About how many die from abuse?

11. Give three examples of positive comments you might give a toddler. Don't use the examples in the book.

12. Explain why it is good to give your toddler

choices whenever possible. Then give three examples of choices you might offer a toddler, but do not use the examples in the book.

13. How do you feel about parents yelling at their children? Please discuss. Give examples, and comment on them.

14. How does the way you feel about yourself probably affect the way you discipline your child? Include examples in your comments.

15. If you don't/can't child-proof your home while you have a toddler, what must you plan to do with much of your time during this period?

16. What is a sensible reaction for a mother to have when she sees her toddler walking around with a pencil or crayon in his hand?

17. Should you worry about your toddler starving? What does this have to do with having a pleasant mealtime while you have a toddler at the table?

18. Are toddlers likely to share toys with each other?

19. Why does a child sometimes bite another child?

20. What should you "do" about biting?

21. Describe the "discipline chair" method of discipline.

22. Read Dixie's comments (two sections) on disciplining Shelly. If Dixie asked you for advice, what would you tell her?

23. React to Laurette's comment: "My brothers slap him around because he's a boy, and I tell them not to. Then when he's with kids, he hits them, and they say that's all right because he's a boy." If you disagree with Laurette's brothers, how would you explain your feelings to them?

Writing Assignments

1. Write a paragraph discussing how your own time schedule may influence the way you discipline your toddler. When you are feeling rushed and very busy, how do you react to your toddler's active exploring? Do you react any differently when you are relaxed and feel you have time to interact with her?

2. Write an essay on discipline and toddlers. Explain in your own words what discipline means to you, and whether or not you think it is an important part of rearing a child. Will you discipline your child in much the same way as your parents disciplined you? Why or why not?

Projects

1. Count the number of times in 24 hours that you say "No" to your child. If you do not have a child, try to find a toddler to take care of for a couple of hours. Count the number of times you say "No" to the toddler during that time.

2. Interview a parent of a child who is between 15 and 24 months old. Ask the parent about his/her views on discipline. What does s/he expect of the child? What techniques does s/he use? Report either orally or in writing.

3. Visit a child care center. Observe the methods of discipline used by the caregivers. Do you see mostly positive discipline? Or is there a lot of scolding? How about other forms of punishment? Report on your observations either orally or in writing.

CHAPTER 11

FIFTEEN MONTHS - TWO YEARS: LITTLE RUNABOUT

You may become more aware of the way toddlers resemble teenagers in their strong need to become more independent. You will learn ways of dealing with a toddler's negative stage. You will also learn a variety of ways to play with a toddler.

1. Compare and contrast the need for independence shown by toddlers with the need for independence felt by many teenagers. Do you see anything alike in the toddler's and the teenager's needs?

2. Why do most toddlers have temper tantrums occasionally, sometimes often?

3. Describe a good way to react to a child's temper tantrum.

4. Why is this such an important stage in a child's life, according to Dr. Burton White?

5. Describe the three major directions in which your toddler needs to develop.

6. How do most children behave when they reach the "negative" stage? At what age is this likely to happen?

7. Why is a toddler so likely to be quite negative in her behavior?

8. List two examples of giving a toddler choices instead of commands. Do not use examples from the book.

9. How can an 8-inch by 6-foot board be used by a toddler?

10. How can organizing his play materials help your child play more contentedly?

11. Describe several ideas for organizing a small child's toys.

12. Describe several ways you could play with a child who is between 15 and 24 months old.

13. Does your child play make-believe yet? If so, or if you know a small child who does, describe the situation.

14. Do you think dolls are an important toy for a girl? For a boy? Why or why not?

15. In addition to talking to him throughout infancy, how can you help a child learn to talk? Give two examples.

16. Do all "normal" two-year-olds talk or at least name familiar things?

17. What kinds of picture books are most likely to appeal to a toddler? Describe.

18. What is a "sexist" book?

19. Look at some children's picture books. Then describe two books meant for a small child, one of them non-sexist, and the other sexist, in approach. How are they different?

Written Assignment

Follow a toddler around for at least an hour. Take notes as you do so, then describe in detail what s/he does.

Projects

1. Make a bowling game. Use two-quart milk cartons for the "bowling pins" as described in the chapter. Then "bowl" with a toddler. Did s/he enjoy the game?

2. Make several balls by crumpling newspaper into balls and holding them together with a little tape. Find a toddler, then play with your newspaper balls. How did the toddler react?

3. Make a feel-game as described in the chapter. Then play the game with a toddler.

4. Make a stacking toy for a toddler by using different sizes of cans. Be sure can edges are smooth. If the cans aren't very attractive, cover them with contact paper.

5. Give a toddler several small toys which could easily be sorted into groups. (Examples: blocks of two different shapes; animals and people of about the same size.) Is s/he interested in sorting them? If not, how does s/he react if you show her/him how to sort them?

6. Supervise while your toddler scribbles. Describe the situation. How long did s/he scribble? Did s/he enjoy it? Has s/he scribbled before? (If you prefer, try finger painting instead of scribbling.)

7. Offer your toddler some blocks. How many blocks can she stack together? Is she more interested in knocking them down?

8. Play ball with a toddler. Report results to your class. What kind of ball did you use? Could the child throw it? Catch it? Kick it? Chew it? Did s/he enjoy playing with you?

9. Dance with a toddler. How does s/he react?

CHAPTER 12

ROUTINES AND YOUR CHILD

You will learn about the importance of establishing eating and sleeping routines for your toddler. You will also learn about his food needs. Toilet training is discussed briefly, but you are advised to wait until your child is "ready," usually not until well into his third year of life, before you encourage him to use the toilet.

1. What does the author suggest you do if your toddler does not want to take an afternoon nap? How do you react to this advice?

2. What would you do if you were Olivia, and Henry would not go to bed until you did, then seemed too tired the next day?

3. Describe a bedtime ritual that might appeal to a toddler.

4. What are the advantages and disadvantages of following a bedtime ritual with your child?

5. Read Esperanza's account of Juanita's bedtime problems. What would you suggest Esperanza could do about the situation?

6. How can eating and sleeping at regular hours help a toddler's disposition?

7. How do you feel about babies and children sleeping with their parents?

8. If your toddler were sleeping with you and you didn't want him/her to do so, what could you do about it? Describe at least two ideas that might help him/her learn to sleep in his/her own bed.

9. If a year-old child wakes up at night for a bottle, does he really need the food? What is wrong with offering him a bottle of milk at that time?

10. Why are mealtimes with toddlers sometimes not pleasant for their families?

11. How can you prepare food for a toddler? Describe several different foods and their preparation.

12. Does a toddler need as much food as she did a few months earlier? Why or why not?

13. How much milk should a toddler drink each day? What other foods does she need?

14. If he doesn't drink enough milk, what other foods might he eat to get the same nutrients?

15. List at least five nutritious snacks that would appeal to most toddlers.

16. What should you do if your child refuses to eat a meal?

17. Describe several things the parent of an overweight toddler could do to help him reach a more normal weight.

18. Describe two things that need to happen before you know your child is ready to be weaned from her bottle.

19. React to Jenny's comments on page 240.

20. Read Esperanza's comments on page 241, then comment.

21. If a young parent thinks her mother is taking charge of her baby, what can she do about it?

22. Describe at least three ways to help a child learn to use the toilet.

23. Why does Jim Mead say, "Making urinating fun for the child is more important for the parent than for the child himself"? What might happen if the parent gets too upset about toilet training?

Writing Assignments

1. Write a letter to your great-aunt Mabel. Your son, Jason, is almost two years old. Aunt Mabel thinks Jason is wonderful, but she hasn't seen him for nearly a year. In your letter, describe Jason in such great detail that your aunt will feel she still "knows" him.

2. Pretend that you have a 20-month-old daughter, Jamie. Your grandmother, who was here six months ago, is coming to visit again. When she was here before, she was quite upset that Jamie was not yet toilet trained. "My children were all trained by their first birthday," she said. Now Jamie, of course, is still in diapers. Write a play based on the conflict between your grandmother and yourself concerning toilet training.

3. Watch a toddler (yours if you have one) eat a meal. Write a paragraph describing the scene. Use lots of adjectives. What does he do with the food? What does he look like when he's through? Is there any food on the floor? Remember, be very descriptive in your writing.

Projects

1. If your child is a toddler, let him "help" as much as possible as you work at home. Then report back to the class. Can s/he "help" you wash dishes? If so, describe the experience.

2. Make a puzzle by pasting a picture on a piece of cardboard, then cutting it into two or three pieces. Share it with a child. Can s/he put it together? Does it seem to be too hard or too easy for your child? If it's too easy, what can you do about it?

3. Read a picture book to a toddler. Report on your experience.

CHAPTER 13

YOU MAY HAVE PROBLEMS

You will learn about some of the problems faced by many young parents. Included in the discussion are young mothers' viewpoints about relying on welfare for financial support and about early marriage.

1. What is AFDC?

2. Discuss at least two reasons that it's usually very hard, often impossible, for a sixteen-year-old mother to move into an apartment with her baby and support herself and the baby with welfare income.

3. What happens to your credit rating if you file for bankruptcy? Why is this a problem?

4. Discuss some of the advantages for a young mother in continuing to live with her parents after her baby is born.

5. Now discuss some of the disadvantages of young mothers continuing to live with their parents.

6. What percentage of teenage marriages end in divorce within five years?

7. Why do you think parents sometimes think if their pregnant daughter marries her baby's father, everything will be "all right"? Do you agree or disagree with this idea? Why?

8. How do you react to Kimberly's story of her relationship with Tom? Do you think she "should" have married him even if they decided to divorce later?

9. List some of the reasons given in the young mothers' stories for not having a second child immediately after the first one.

10. What are a non-pregnant woman's (girl's) three options as far as having sex/getting pregnant are concerned?

11. If twenty couples each have intercourse twelve times without using birth control, how many of those couples will probably become pregnant?

Writing Assignment

How do you feel about the option for an unhappily pregnant teenager of releasing her baby for adoption? Write several paragraphs discussing the good and the not-so-good things about the adoption option. If possible, interview someone involved in the "adoption triangle" - an adoptive parent, an adopted person, or a birth mother who released her child for adoption.

Projects

1. Complete one of the following interviews, then report on it in class or in writing.

a. A young married couple still in high school.

b. An older couple who were married before they finished high school.

c. A man or a woman who was married at a very young age, then divorced.

d. A single mother under 18 who, although she still has a relationship with her baby's father, chose not to get married at this time.

Ask about the decisions made concerning marriage. Have there been any problems? Do they think, if married, that it might have been easier not to get married? If single, would it probably have been easier to get married? How did their parents and friends react to their decision to marry or not to

marry? If you interview a person who was married, ask if s/he put a lot of thought into the decision to get married, or was it something s/he did because it seemed like the "proper" thing to do?

2. If you can without being rude, ask a single mother (not "with" her baby's father) if having a child interferes much with her social life, especially with men. How do men react when they learn she has a child? Report on her answer.

3. Interview a single mother who does not live with her parents, and whose only income is her welfare payments. Ask her about her expenses and if her welfare grant usually is adequate. Report orally or in writing.

CHAPTER 14

SOMETIMES PARENTS FEEL TRAPPED

You will learn about various problems encountered by many young parents, and of community resources designed to help them deal with their problems.

1. How do you react to Janette's story of her problems in being a young mother?

2. What are some of the problems Maria describes?

3. If a parent feels like hitting her child, does this mean she's bad? If not, what does it mean?

4. How do you react to the story about Hilda and the drinking straw? Why might her mother have reacted in the way she did?

5. If you have a child, answer the questions on the "National Parenting Test" reprinted in the book. You do **not** need to show your teacher or anyone else your answers.

6. If a parent answers "Yes" to four or more of the questions, what should s/he do, according to Jim Mead, originator of the test?

7. What is Parents Anonymous? How can you get in touch with the closest PA group?

8. Describe several places besides PA where parents may be able to get counseling help.

9. For each suicide attempt made by a non-parent, non-pregnant teenager, how many adolescent mothers try to end their lives? Why do you think this is so?

10. What is Becky's advice about getting along with relatives? Do you agree or disagree? Explain your thinking.

Writing Assignment

Your best friend has a year-old child. She told you yesterday that she's feeling desperate, that she has hit her child too hard a couple of times, and she doesn't know what she's going to do. What would you say to her? Write at least a paragraph in which you reassure her that she can get help, and tell her where she can find that help.

Projects

1. Look in your local telephone directory for hot line listings and other counseling services. List at least ten of these resources together with their phone numbers. Then phone at least two of them to find out more about the services they offer. Report your findings to your class.

2. If you should ever consider suicide - or if you have a friend who seems very depressed and may be thinking about suicide - what could you do? What helping resources are there in your community? Is there a suicide prevention hot line and/or counseling center? Do any of the churches get involved in this kind of problem? What about your county Mental Health Association? Report on your investigation either orally or in writing.

CHAPTER 15

YOUR FUTURE - YOUR CHILD'S FUTURE

You will learn how the lack of a good education often leads to a lifetime of poverty for young parents. You will also consider the various kinds of child care services which may be available, and how to select a caregiver, if needed, for your child.

1. Does early parenting **alone** usually cause lifelong poverty for a woman? If not, what is generally the cause of poverty in one-parent families?

2. Is marriage alone or pregnancy alone more likely to cause a girl to drop out of school?

3. How would you react if you were/are married and your husband insisted that you don't need any more education because you have "enough"?

4. About what fraction of all families headed by women live in poverty?

5. Women who have at least a high school education are only _____ as likely to live in households receiving AFDC as are women who never graduated.

6. How does Shirley feel about living on welfare income?

7. Why does Shirley think a person should learn basic job skills such as typing?

8. What does self-esteem have to do with being a good mother?

9. Do most school districts offer day care services for the children of school age parents?

10. Why do most school age parents need day care services?

11. If a school district does not provide child care services for its school age parents, what does this fact have to do with the welfare dependence rate in that community?

12. According to the Frank Furstenberg study quoted in the chapter, what are some of the benefits of a young mother or couple staying with her/their parents for a year or two after their baby is born?

13. If you have a baby, or if you are pregnant, what plans have you made for child care? If you aren't pregnant or a parent, imagine you are. What plans would you make?

14. What is family day care?

15. List **a lot** of questions you would ask before you would select a day care center or an individual caregiver for your child.

Writing Assignment

Write your life script. Use your imagination, but be as realistic as possible. How much education do you plan to get? What kinds of job training do you think you can obtain? Think about your life during the next twenty years. Will you need to rely on welfare for awhile to support yourself and your child? Will you want to be self-supporting as soon as possible? Or are you already? If your baby's father is supporting you, what would you do if something happened to him? Describe your plans - and also your dreams.

Projects

1. Talk to two people, one of whom finished high school, and one who didn't. Which one earns the most money? Which one has a life more like the kind of life you want? Why?

2. Is there a WIN (Work Incentive) Program in your area? If so, call or visit in order to find out the kinds of help a young mother might be able to get from them, how she would apply, and whether or not she is likely to receive help from them. Report either orally or in writing.

3. Survey the other students in your class (boys as well as girls). How many have a mother or other relative who lives at home and is not working away from home? How many of these students think the "at-home" mother or other relative would be willing to take care of a grandchild so that the baby's parent could continue going to school?

4. Find out about the child care services available (if any) to school age parents in your school. If your school district does not offer child care services, find out about other day care centers and family day care in your area. Check on the costs of such services. What age babies/children do they accept? Is there a waiting list? If a young mother called today explaining that she needed child care in order to complete her high school education, how long would she probably have to wait for such care?